



Town of Hopkinton

Office of Select Board

330 Main Street, Hopkinton NH 03229-2627 - (603) 746-3170 – www.hopkinton-nh.gov

March 24, 2020

Residents of Hopkinton:

The Town of Hopkinton takes very seriously the need to practice “social distancing” to help mitigate the impact of the COVID-19 pandemic. Social distancing means keeping physical distance (six feet is recommended) between yourself and others when outside your home, and only leaving the house when necessary. Social distancing can help limit the spread of the novel coronavirus, which leads to the illness known as COVID-19.

The Select Board strongly recommends that ALL residents shelter in place and avoid all social gatherings until further notice. This does not restrict you from making trips outside of the home to fulfill essential needs such as groceries, prescriptions, etc., or to go to your essential job. It does mean you should stay home and only leave the house when absolutely necessary. If you do go outside with others (e.g. on a walk) keep six feet between you and others. If you go to the grocery store, try to keep distance between yourself and others and wash your hands immediately upon returning home.

Here is a helpful article on social distancing:

<https://www.npr.org/sections/health-shots/2020/03/17/817251610/its-time-to-get-serious-about-social-distancing-here-s-how>

If you need NON emergency help, food, or other supplies, please contact Hopkinton Helps at hopkintonhelps@hopkinton-nh.gov or 746-8264. As always, for EMERGENCY HELP call 911.

For on-going and up-to-date information regarding the COVID-19 pandemic go to www.hopkinton-nh.gov or call 746-3170.

Please know that the Select Board Members are as anxious as you to get beyond this crisis and back to normal. In the meantime, we must all do our part to help stop the spread of COVID-19.

Stay safe,

Hopkinton Select Board